

JULY/AUGUST 1995

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USA GYMNASTICS

FEATURES ON

THE ROAD TO
ATLANTA

VISA CHALLENGE

RHYTHMIC NATIONAL
CHAMPIONSHIPS

JESSICA DAVIS

BUDGET RENT A CAR
GYMNASTICS
INVITATIONAL

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MALL TOUR

1995 VISA CHALLENGE

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MOCEANU MAKES
HER MARK!



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USA GYMNASTICS

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RHYTHMIC GYMNASTICS NATIONAL CHAMPIONSHIPS

26

Junior and Senior National Teams were chosen during the 1995 Rhythmic National Championships in Jacksonville, Fla. Awards for All-Around Teams, Coach of the Year, Sportsperson of the Year, and Athlete of the Year were presented at a banquet following the competition.

BY THE STAFF

1995-96 Rhythmic Junior National Team (from left to right): Mary Lou Retton, Kim Zmeskal, Kelli Simpson, Keri Johnson, Jessica Davis, Kelly Babin, Toni McFarlane, Emily Schindler, and Jennifer Dornier.

JESSICA DAVIS

27

Davis won her first senior national all-around title at the 1995 Rhythmic National Championships. See how this gymnast made it to the top!



FEATURES

VISA CHALLENGE

22

Both the U.S. men's and women's teams defeated Belgium and China at the 1995 Visa Challenge in Fairfax, Va.

Left: Jeff Bell



BUDGET RENT A CAR GYMNASTICS INVITATIONAL

40

The USA and Ukraine shared top honors at the Budget Rent a Car Invitational in San Jose, Calif. The U.S. women won, however, the Ukrainian men beat the U.S. men's team. In between the meets, fans enjoyed a festival complete with an autograph session (pictured below).

DOMINIQUE MOCEANU

24

Moceanu captured her first international all-around title at the 1995 Visa Challenge. Learn how this rising star shined!

COVER PHOTO BY KIMBERLY APOSTOL
GYM GLOSSARY BY JANE HARRIS

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Left: Mary Beth Arnold and Jeff Bell signing autographs for fans.

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Lucie Petrek

Designer
Jillie T. Jones

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Ron Gullmore

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CHALKED FULL OF FUN...

by Kathy Scanlon

This issue is packed with information from three of USA Gymnastics' major events of 1995, the **Visa Challenge**, the **Rhythmic National Championships** and the **Budget Root a Car Gymnastics Invitational**. In addition, we've included a new column called **'Road to Atlanta'**. This column will provide information on the 1996 Olympic Games as we gear up for next summer. In this issue, learn how you can make the summer Olympic Team in men's and women's artistic gymnastics.

The U.S. teams dominated the **1995 Visa Challenge**, winning both the men's and women's team competitions and all-around titles in her first international competition as a senior. **Danilela Maccioni** captured the women's all-around title, while veteran gymnast **Beth Roth** won the men's all-around competition. You'll read about Maccioni's rise to the top and learn how she got involved in gymnastics.

At the **1995 Rhythmic National Championships**, the best rhythmic gymnasts in the U.S. competed for spots on the National Team. Jessica Davis won the senior all-around title for the first time in her career, and Natalie Lac-

usta won her second junior all-around title. We've featured **Jessica Davis** so you can read about her training schedule and her good luck charms.

While the U.S. women won the **1995 Budget Root a Car Invitational**, the U.S. men struggled, finishing second behind the Ukraine. Amy Chow won the all-around competition, and Dominique Dawes placed just behind in second. Igor Konechuk, the 1989 World Champion, won the men's all-around title, while John Roethlisberger took second.

Beginning in the September/October 1995 issue of USA Gymnastics, we'll include a new section called **'Rising Stars'**. This section will list results from high school, collegiate, local, state, regional and invitational competitions. We're asking all meet directors to send official results and photos from your meets to USA Gymnastics, attention: Rising Stars, and we'll publish them in our new section, as space allows.

We hope you enjoy this issue of the magazine! Please note that the September/October issue of the magazine will not be mailed until October so we can provide you with the most complete coverage of the 1995 Coca-Cola National Championships in New Orleans, La.

1995 U.S. Rhythmic Senior National Team (from left): Top row—Sue Giff, Heather Day, Michelle, Brooke Borchetta, Bethany, and Michelle. Bottom row—Michelle, Bethany, Sue Giff, Heather Day, and Sue Giff.



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and USA Gymnastics Congress



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YOU'VE COME A LONG WAY!

Baby snapshots taken straight from your favorite athletes' personal family albums... **EVERY WHO!** This issue's mystery athletes are top level gymnasts. Using the clues below, can you figure out who they are?

- This gymnast was a member of the gold medal team at the 1990 Pan American Games and competed in the first world championships at the 1994 event in Dortmund, Germany.

- He is known as the "Gymnast of the Year" and was named a gold medalist at the 1972 Olympics.

- He is coached by Peter Kump and Mike Anny at Ohio State University.



WHO IS HE?

**FIND ANSWERS
ON PAGE 11**

- This gymnast is from Grand Rapids, Mich., and trains at Great Lakes Gymnastics Club.

- She was a gold medalist on floor at the 1993 Canada Cup and took third all-around at the 1994 Josepina Blum Memorial in Barcelona, Spain.

- She was a member of the 1995 Pan American gold medal team and took fourth on beam.

WHO IS SHE?



1995 WORLD CHAMPIONSHIPS

First the USA has to qualify to compete at the 1996 Olympic Games in Atlanta. The top 12 teams at the 1995 World Championships in Sabae, Japan, October 1-10 will qualify to compete at a team at the 1996 Olympic Games.



1996 OLYMPIC TRIALS

Top members of the USA National Team will earn the right to compete at the 1996 Olympic Trials in Boston, Mass., June 29-30.



1996 OLYMPIC TRAINING CAMP

The athletes selected for the Olympic squad will then train at a Training Camp, in July, before departing for the Olympic Games.



How does one make it
to the Olympic Games
for Men's and Women's
Artistic Gymnastics?

1996 COCA-COLA NATIONAL GYMNASTICS CHAMPIONSHIPS

Next, gymnasts will
compete at the 1996
Coca-Cola National
Gymnastics Champ-
ionships. Here the
USA Men's and
Women's National
Teams will be named.

OLYMPIC PROCESSING

The seven male gymnasts
and seven female
gymnasts on the
Olympic Team have
to go through
processing for the
Olympic Games in
Atlanta, Ga.

OLYMPIC GAMES

Opening Ceremonies begin
July 19. The gymnastics
competition begins July 20.

If you have any questions
regarding the 1996 Olympic
Games call the Atlanta
Committee for the Olympic
Games at 404-224-1896.

THE ROAD TO ATLANTA



KATHY FELDMANN AND SANDY THIELZ HIRED AS

USA GYMNASTICS COLLEGIATE COORDINATORS

Kathy Feldmann and Sandy Thielz have been named Women's Collegiate Coordinators for USA Gymnastics.

Feldmann has a 26-year history as a gymnastics professional. Most recently she is self-employed and works as a gymnastics consultant, judge, clinician and meeting planner.

After 21 years of coaching, Thielz recently retired as the women's gymnastics coach at West Chester University. She currently serves as a gymnastics coach and consultant.

Their duties and responsibilities include increasing the number of collegiate gymnastics programs, maintaining relationships with the NCAA, Athletic Directors and various coaching and sports relations committees, administering the two existing collegiate championships that are sponsored by USA Gymnastics, acting as liaison to the Collegiate Coaching Committees, advising collegiate coaches on opportunities, and formulating an employment network for coaching positions, just to name a few.



RETTON DELIVERS ANOTHER PERFECT 10

Olympic champion Nary Lou Retton gave birth to her first child Wednesday, April 13 in Houston, Texas.

Shayla Rae Kelly, a 6 ft 3 in., 15 2/4" gal, slipped into the world at 12:11 p.m. Retton, 37, and her husband, Shannon Kelly, 35, gave the newborn a "you bet 10!" for her first performance.

"We're just excited," said Retton. "I know that seeing our baby come into the world would cause a little excitement, but this has surpassed my wildest dreams."

BABY ANSWERS

Who is he?
KIP SIMONS

Who is she?
KATIE TEFT

BAGIU BABY BORN



Mihai and Kris Bagiu welcomed their first child, Gabriela, on April 30 at 9:20 p.m. Gabriela weighed 8 1/2 pounds 12 ounces and was 21 inches long. Congratulations to the Bagiu family!

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Parents: A gymnastics Score Book makes it easy for you to follow your child's score during a meet. It also allows easy comparison from meet to meet. Small enough to fit in your pocket, large enough to track learn-mate scores as well.



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Ribbon Pages _____ 50
Medal Pages _____ 50
Score Books _____ 3.50
Shipping/Handling/Insurance _____
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Allow 4 to 5 weeks for delivery.



FRUITS AND VEGETABLES: FOODS FOR ALL SEASONS

By Michelle Duzenne, R.D.

It's summer and a time when fruits and vegetables are in-season and plentiful. You've probably heard people tell you all your life to "eat your fruits and vegetables." But, do you know why fruits and vegetables are so important?

First of all, fruits and vegetables are nutrient dense. Nutrient dense foods are a great source of vitamins and minerals with very few calories. Therefore, you get the great value of a lot of vitamins and minerals without the high cost of a lot of calories or fat. For an athlete, fruits and vegetables are the ultimate fast food.

The ultimate fast food? Think about it. Fruits and vegetables are:

- Easy to pack
- Require little or no preparation to eat
- Take little time to eat
- Have the benefits of being nutrient dense, low in calories and fat, as well as filling you up when you're hungry

Vitamins A and C are being studied to see if they have the ability to reduce the formation of free radicals. Free radicals are damaging to the body's healthy tissue and have been linked to causing cancer.

Not enough studies have been completed to prove that taking extra vitamins A and C will help athletic performance, but if you don't meet your daily needs, it could possibly hurt performance. Daily needs for vitamins A and C for young athletes are equivalent to one medium orange and 1/2 cup of spinach. However, fruits and vegetables offer such a wide variety of nutrients that you should make it your goal to get at least five servings of fruits and/or vegetables each day. A fruit serving is equal to one medium piece of fruit, while a vegetable serving is equal to one cup of raw or 1/2 cup cooked vegetables.

Make a promise to yourself this summer to eat a new fruit or vegetable that you have never tried. Variety is the spice of life, and also the best way to make sure you're eating a well-rounded and healthy diet.

NOTABLE NUTRIENTS FOUND IN FRESH FRUITS AND VEGETABLES

- **Vitamin A:** A fat-soluble vitamin that is very important for the body's cells and tissues and vision. It also plays a role in immune function.
- **Vitamin C:** A water-soluble vitamin that is important for wound healing, the immune response, and aiding the absorption of non-heme iron.
- **Folic Acid:** Part of the Vitamin B family, it is important for making DNA, helping to make red blood cells, and aiding in the growth of body tissues.
- **Potassium:** An important mineral (electrolyte) that helps to control body fluid balance, and helps to control heart muscle and nerve activity.

References:

1. ACR Guide to Vitamins and Minerals, Washington, DC
2. Condon, R. 2001. The Yale University Guide to Good Food. New York, NY: HarperCollins Publishers
3. Jenkins, G. B. 1992. Exercise, Oxidative Stress, and Antioxidant Status. *A Review* 1:356-375
4. Center for Disease Control and Prevention, Division of Field Epidemiology, Atlanta, GA

THE BEST OF THE SUMMER FRUITS AND VEGETABLES

Apples	Blackberries
Cantaloupe	Cherries
Figs	Honeydew
Mangoes	Watermelon
Peaches	Plums
Raspberries	Tomatoes
Green Beans	
Potatoes	

YOU CAN ALSO FIND YEAR-ROUND

Apples	Bananas
Grapefruit	Grapes
Pineapples	Oranges
Broccoli	Cabbages
Carrots	Cauliflower
Cucumbers	Mushrooms
Sweet Potatoes	Peas
Spinach	Squash
Sweet Potatoes	

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Photo by J. L. Smith

1993 Illinois and Mary Kay's Gymnastics Team

Back row (l to r): Heather Day, Catherine & Michelle, Dawn McCall, Michelle Day (l to r); David Clayton, Janet Carr, Sarah Greenwald, Jeff Wilcox, Matt Whitaker, Jordan Shaw

Front row (l to r): Coach Bill Gaudin, Paul Brown, Matt Whitaker, Joe Green, Joe Brown, Barbara Koenig, Sarah White, Jeff Smith, Dr. Paul Smith

WOMEN'S TEAM RESULTS

1. Team Illinois	191.05
2. Connecticut	189.00
3. Kentucky State	187.50
4. West of Michigan	184.00

ALL AROUND

1. Sarah Anderson	Illinois	38.475
2. Kelly Griffin	Kentucky State	38.250
3. Lisa Kishida	Connecticut	38.175
4. Michael Smith	Connecticut	38.000
5. Dwight Taylor	Illinois	38.000
6. Kim Smith	Connecticut	37.825

VAMT

1. Melissa Smith	Connecticut	19.000
2. Lisa Kishida	Connecticut	18.750
3. Heather Day	Illinois	18.750

BAR

1. Elizabeth Smith	Illinois	14.750
2. Lisa Kishida	Connecticut	14.500
3. Lisa Anderson	Illinois	14.250

1. Ben of Washington	Illinois	38.500
4. David Smith	Illinois	38.500

ALL AROUND COLLEGIATE

1. Tim Smith	Illinois	32.000
2. Jeff Smith	Illinois	31.500
3. Ben Smith	Illinois	31.000
4. Tim Smith	Illinois	30.500
5. Mike Smith	Illinois	30.000
6. Jeff Smith	Illinois	29.500

ALL AROUND CLUB

1. Tim Smith	Illinois	32.000
2. Jeff Smith	Illinois	31.500
3. Ben Smith	Illinois	31.000
4. Tim Smith	Illinois	30.500
5. Mike Smith	Illinois	30.000
6. Jeff Smith	Illinois	29.500

PLANK

1. Ben Smith	Illinois	11.750
2. Jeff Smith	Illinois	11.500
3. Ben Smith	Illinois	11.250

1993 NCAA Men's

Gymnastics Team

Front row (l to r): Mike

Whitaker, Michael Smith,

Mike Smith, John

Whitaker

Back row (l to r):

Michael Smith, Mike

Smith, Mike Smith, Ben

Smith, Mike Smith,

Mike Smith, Mike Smith,

Mike Smith, Mike Smith,

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BAR

1. Kelly Griffin	Illinois	14.750
2. Lisa Kishida	Connecticut	14.500
3. Lisa Anderson	Illinois	14.250

FLOOR

1. Kelly Griffin	Illinois	32.000
2. Lisa Kishida	Connecticut	31.500
3. Lisa Anderson	Illinois	31.000
4. Kelly Griffin	Illinois	30.500
5. Lisa Kishida	Connecticut	30.000
6. Lisa Anderson	Illinois	29.500
7. Kelly Griffin	Illinois	29.000

WOMEN'S COLLEGIATE TEAM RESULTS

1. Illinois	191.05
2. Kentucky State	189.00
3. Kentucky State	187.50
4. West of Michigan	184.00

WOMEN'S CLUB TEAM RESULTS

1. Illinois	191.05
2. Kentucky State	189.00
3. Kentucky State	187.50
4. West of Michigan	184.00

FORMAL HONOR

1. Kelly Griffin	Illinois	11.750
2. Lisa Kishida	Illinois	11.500
3. Lisa Anderson	Illinois	11.250

WOMEN'S CLUB

1. Kelly Griffin	Illinois	32.000
2. Lisa Kishida	Connecticut	31.500
3. Lisa Anderson	Illinois	31.000

VAMT

1. Kelly Griffin	Illinois	19.000
2. Lisa Kishida	Connecticut	18.750
3. Lisa Anderson	Illinois	18.500

PARALLEL BARS

1. Kelly Griffin	Illinois	11.750
2. Lisa Kishida	Illinois	11.500
3. Lisa Anderson	Illinois	11.250

WOMEN'S CLUB

1. Kelly Griffin	Illinois	19.000
2. Lisa Kishida	Connecticut	18.750
3. Lisa Anderson	Illinois	18.500

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Photo by J. L. Smith

Team Women's Club Team on
 apparatuses and vaulting
 USA Gymnastics College
 National Championships, 1993

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Kim Zmeskal won three consecutive U.S. Championships titles, the World Championships title and contributed to the U.S.'s bronze medal in the team competition of the 1992 Olympic Games.

DEAR KIM: I was wondering if you got Spring Break off from gymnastics? Also, how many clinics do you have to take? How long are they? Do you like dance class? Do you like the 1996 Olympic season?

*Julian Castro
Panama City, Florida*

DEAR AMBER: I trained through Spring Break all year. There's a lot of work to be done. My team and I take two full-time classes per week. It is very important to incorporate some dance training into a gymnast's workout schedule. Personally I enjoy the dance. When I first saw the 1994 Olympic season I thought I looked a lot stronger, but I guess it has grown on me. I like it now.

DEAR KIM: My name is Kacey Trapp. I'm 14 years old and a Level 4 gymnast. After watching the '92 Olympics, you are the reason I was a gymnast. I was devoted when you stopped coach-

ing. I'm very excited about your comeback. I think I'm your #1 fan! Looking forward to competing with you just to compete!

*Kacey Trapp
Canton, Michigan*

DEAR KACER: I am very happy that helped to inspire you when a gymnast. I represent your sport. My club for the past year is the U.S. Classic, July 27-31, where I hope to make it for the first time National Championships, August 16-19 in New Orleans. It's a lifetime goal to be well prepared for four big meets.

DEAR KIM: I'm 17 years old and a Level 4 gymnast. My coach says we have to compete like you, but when we compete I get too shy nervous and don't do very well. What do you suggest?

*Sarah Senguen
Norfolk, Virginia*

DEAR SARAH: Don't worry! It's perfectly normal to feel nervous about competing. But feeling probably won't go away, but it does get easier with the more experience you have. Also remember, the better prepared your routines are, the better you will be. Good luck this year! You can do it!

DEAR KIM: Where did you start learning hand moves such as the front kick?

DEAR KIM: I'm 12 and learning the front handstand. Would it be really hard to learn to do what you're doing?

*Tiffany Rensley
Stuttgart, Germany*

DEAR TIFFANY: I began doing handstands by accident when I was 12. The teacher said I was the only one in the class to do it and I was the only one to do it. I was very nervous at first, but I kept practicing and now I can do it. I hope you will let me know when you're ready to learn a new skill.

DEAR KIM: I'm a Level 7 national gymnast and I usually take one a long time to try a new skill by myself for the first time. How much practice do you get per day?

*Shel Clevland
Quincy, Illinois*

DEAR MEL: They take the first step to get over the first step. It's just a lot of practice. I still get nervous every time I do a skill. It's not always easy to do. It helps to do it over and over and over again. I hope you will let me know when you're ready to learn a new skill. I hope you will let me know when you're ready to learn a new skill.

DEAR KIM: I'm having a lot of trouble with my flip. I've been trying to do it for a long time but I always break in the middle. I have no way to do it. I have no way to do it.

beach but when I get up on the high beam, I also go to the end. What should I do?

*Oliver Rogers, Cuba
Berkeley, California*

DEAR OLIVER: The high beam is a very scary experience, but if you are really ready to do it, you can do it. The first time you should not have a problem. When you are ready to do it, the high beam is the first time you should go to the end. I hope you will let me know when you're ready to learn a new skill.

DEAR KIM: I have been doing a Level 5 skill for a long time, but I always break when I do it. I hope you will let me know when you're ready to learn a new skill.

*Megan Wright
Madison, California*

DEAR MEGAN: It's very important that you feel your feet when you're in the air. I hope you will let me know when you're ready to learn a new skill. I hope you will let me know when you're ready to learn a new skill.

If you would like to visit Kim Zmeskal in person, write to: Kim Zmeskal, 1001 S. 1st St., P.O. Box 1001, St. Louis, MO 63103.

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GIBSON

NATIONAL INVITATIONAL TOURNAMENT

CAPE GIRARDEAU, MO.—APRIL 15, 1995



Auburn University Gymnastics Team

TEAM RESULTS

1 Auburn	101.05
2 Maryland	102.10
3 Southern Missouri State Univ.	103.80
4 Texas Tech	104.60
5 Texas State	105.20
6 Western Michigan	106.70
7 Iowa	108.10
8 Dayton	107.60

ALL-AROUND RESULTS

1 Brooke Davis Auburn	39.25
2 Melissa Griffith Oklahoma	39.75
3 Eric Daniels Auburn	39.75
4 Dawn Gutschewsky Auburn	39.00

5 Bill Winkels	Warner Bros.	38.00
6 Emily Smith	Warner Bros.	38.00
7 Tracy King	Warner Bros.	38.45
8 Dan Winkels	Warner Bros.	38.25

Vault

1 Amy Berber	Warner Bros.	10.75
2 Andrea Davis	Warner Bros.	10.75
3 Heather King	Warner Bros.	10.50
4 Tamara Brown	Warner Bros.	10.50
5 Amy Davis	Warner Bros.	10.50

Bars

1 Emily Smith	Warner Bros.	10.00
2 Heather King	Warner Bros.	10.00
3 Dawn Gutschewsky	Warner Bros.	10.00

Beam

1 Emily Smith	Warner Bros.	10.00
2 Amy Davis	Warner Bros.	10.00
3 Eric Daniels	Warner Bros.	10.00

Floor

1 Brooke Davis Auburn	10.00
2 Melissa Griffith Oklahoma	10.00
3 Eric Daniels Auburn	10.00



FOUR CONTINENTS CHAMPIONSHIPS

CAIRO, EGYPT—APRIL 27-30, 1995

The Four Continents Championships for rhythmic gymnastics took place April 27-30, in Cairo, Egypt, the first FIG gymnastics event held on the African continent. Fifty-four seniors, 37 juniors and five groups from 16 countries participated in

the event. Jessica Davis from Gymnastic Pacific took fourth in the all-around followed by USA's Tamara Levison from Rhythmic in sixth.

For the juniors, Rhythmic Gymnast Natalia Lavrova took first floor in the all-around and her teammate, Louisa Rhythmic seventh. Kiki Kemper from Austria's Academy took seventh.

In the Rhythmic Senior Team Competition, the USA finished third behind China and Japan.

The USA group took fourth over all and won the silver medal in the hoop event.

SOUTH AFRICAN CUP

By Carole Bunge

Capital Gymnastics' Ashley Kewer and Daggett's Gymnastics' Jeff LaVallée represented the USA at the South African Cup, held April 1 in Durban, and at the Mased Pora competition, held April 8 in Pretoria. Larry McDonough and Tim Daggett were the coaches and Carole Bunge was the judge and delegation leader.

LaVallée won rings and high bar and took second on vault and third in the all-around of the South African Cup. Kewer took second on floor to become Elena Pukin and finished fourth all-around.

LaVallée and his partner Heidi Gushulson from South Africa finished fourth all-around during the Mased Pora competition. Kewer and her partner Julie Ann Henderson from South Africa took fifth all-around.

WOMEN'S ALL-AROUND

1 Heidi Gushulson	31.75
2 Heidi Gushulson	31.75
3 Heidi Gushulson	31.75
4 Heidi Gushulson	31.75
5 Heidi Gushulson	31.75

WOMEN'S ALL-AROUND

1 Heidi Gushulson	31.75
2 Heidi Gushulson	31.75
3 Heidi Gushulson	31.75

RHYTHMIC SENIOR TEAM COMPETITION

1 China	28.50
2 Japan	28.00
3 Russia	27.50
4 Canada	27.00
5 Germany	26.50
6 Australia	26.00
7 Argentina	25.50
8 New Zealand	25.00
9 Czech	24.50
10 Korea	24.00
11 Mexico	23.50
12 Mexico	23.00

RHYTHMIC SENIOR ALL-AROUND COMPETITION

	FIG	USA	ESP	GER	GBR
1 Heidi Gushulson	31.75	31.75	31.75	31.75	31.75
2 Heidi Gushulson	31.75	31.75	31.75	31.75	31.75
3 Heidi Gushulson	31.75	31.75	31.75	31.75	31.75
4 Heidi Gushulson	31.75	31.75	31.75	31.75	31.75
5 Heidi Gushulson	31.75	31.75	31.75	31.75	31.75
6 Heidi Gushulson	31.75	31.75	31.75	31.75	31.75
7 Heidi Gushulson	31.75	31.75	31.75	31.75	31.75
8 Heidi Gushulson	31.75	31.75	31.75	31.75	31.75
9 Heidi Gushulson	31.75	31.75	31.75	31.75	31.75
10 Heidi Gushulson	31.75	31.75	31.75	31.75	31.75
11 Heidi Gushulson	31.75	31.75	31.75	31.75	31.75
12 Heidi Gushulson	31.75	31.75	31.75	31.75	31.75

SOUTH AFRICAN CUP

Davis (left to right) Carole Bunge, Jeff LaVallée, Larry McDonough, Ashley Kewer
Right to left: Ashley Kewer, Elena Pukin, Heidi Gushulson



RHYTHMIC JUNIOR ALL-AROUND COMPETITION

	FIG	USA	ESP	GER	GBR
1 Heidi Gushulson	31.75	31.75	31.75	31.75	31.75
2 Heidi Gushulson	31.75	31.75	31.75	31.75	31.75
3 Heidi Gushulson	31.75	31.75	31.75	31.75	31.75
4 Heidi Gushulson	31.75	31.75	31.75	31.75	31.75
5 Heidi Gushulson	31.75	31.75	31.75	31.75	31.75
6 Heidi Gushulson	31.75	31.75	31.75	31.75	31.75
7 Heidi Gushulson	31.75	31.75	31.75	31.75	31.75
8 Heidi Gushulson	31.75	31.75	31.75	31.75	31.75
9 Heidi Gushulson	31.75	31.75	31.75	31.75	31.75
10 Heidi Gushulson	31.75	31.75	31.75	31.75	31.75
11 Heidi Gushulson	31.75	31.75	31.75	31.75	31.75
12 Heidi Gushulson	31.75	31.75	31.75	31.75	31.75

RHYTHMIC GROUP COMPETITION

	FIG	USA	ESP	GER	GBR
1 Argentina	13.25	13.25	13.25	13.25	13.25
2 China	13.00	13.00	13.00	13.00	13.00
3 Korea	12.75	12.75	12.75	12.75	12.75
4 USA	12.50	12.50	12.50	12.50	12.50
5 Australia	12.25	12.25	12.25	12.25	12.25

RHYTHMIC GROUP COMPETITION—BOOP

	FIG	USA	ESP	GER	GBR
1 China	13.00	13.00	13.00	13.00	13.00
2 Korea	12.75	12.75	12.75	12.75	12.75
3 Japan	12.50	12.50	12.50	12.50	12.50
4 Korea	12.25	12.25	12.25	12.25	12.25
5 Australia	12.00	12.00	12.00	12.00	12.00

RHYTHMIC GROUP COMPETITION—SAIL/ROPE

	FIG	USA	ESP	GER	GBR
1 China	13.00	13.00	13.00	13.00	13.00
2 Korea	12.75	12.75	12.75	12.75	12.75
3 Japan	12.50	12.50	12.50	12.50	12.50
4 Korea	12.25	12.25	12.25	12.25	12.25
5 Australia	12.00	12.00	12.00	12.00	12.00

VISA CHALLENGE

FAIRFAX, VA.-APRIL 27-28

WOMEN'S TEAM SCORES

F	Counties	TX	FL	SC	NY	IL	IN	PA
1	USA	27.400	27.300	28.900	28.000	30.200	29.000	31.200
2	CA	26.400	28.200	28.100	27.500	29.100	27.400	30.500
3	MD	27.700	27.500	27.300	27.000	27.900	27.400	30.500

FLOOR

1	USA	9.500
2	Iran	9.400
3	Spain	9.300
4	China	9.200
5	Japan	9.100
6	France	9.000
7	Germany	8.900
8	Italy	8.800
9	South Korea	8.700
10	Belarus	8.600

POWERS

1	USA	9.500
2	Iran	9.400
3	Spain	9.300
4	China	9.200
5	Japan	9.100
6	France	9.000
7	Germany	8.900
8	Italy	8.800
9	South Korea	8.700
10	Belarus	8.600

STILL RINGS

1	USA	9.500
2	Iran	9.400
3	Spain	9.300
4	China	9.200
5	Japan	9.100
6	France	9.000
7	Germany	8.900
8	Italy	8.800
9	South Korea	8.700
10	Belarus	8.600

Vault

1	USA	9.500
2	Iran	9.400
3	Spain	9.300
4	China	9.200
5	Japan	9.100
6	France	9.000
7	Germany	8.900
8	Italy	8.800
9	South Korea	8.700
10	Belarus	8.600

Iran's Olya Walker
Score: 9.500

PARALLEL BARS

1	USA	9.500
2	Iran	9.400
3	Spain	9.300
4	China	9.200
5	Japan	9.100
6	France	9.000
7	Germany	8.900
8	Italy	8.800
9	South Korea	8.700
10	Belarus	8.600

HIGH BAR

1	USA	9.500
2	Iran	9.400
3	Spain	9.300
4	China	9.200
5	Japan	9.100
6	France	9.000
7	Germany	8.900
8	Italy	8.800
9	South Korea	8.700
10	Belarus	8.600



USA's Olya Walker



USA's Olya Walker

WOMEN'S TEAM SCORES

F	Counties	TX	FL	SC	NY	IL	IN	PA
1	USA	27.400	27.300	28.900	28.000	30.200	29.000	31.200
2	CA	26.400	28.200	28.100	27.500	29.100	27.400	30.500
3	MD	27.700	27.500	27.300	27.000	27.900	27.400	30.500

Vault

1	USA	9.500
2	Iran	9.400
3	Spain	9.300
4	China	9.200
5	Japan	9.100
6	France	9.000
7	Germany	8.900
8	Italy	8.800
9	South Korea	8.700
10	Belarus	8.600

UNEVEN BARS

1	USA	9.500
2	Iran	9.400
3	Spain	9.300
4	China	9.200
5	Japan	9.100
6	France	9.000
7	Germany	8.900
8	Italy	8.800
9	South Korea	8.700
10	Belarus	8.600

Balance Beam

1	USA	9.500
2	Iran	9.400
3	Spain	9.300
4	China	9.200
5	Japan	9.100
6	France	9.000
7	Germany	8.900
8	Italy	8.800
9	South Korea	8.700
10	Belarus	8.600

Free Exercises

1	USA	9.500
2	Iran	9.400
3	Spain	9.300
4	China	9.200
5	Japan	9.100
6	France	9.000
7	Germany	8.900
8	Italy	8.800
9	South Korea	8.700
10	Belarus	8.600

Team Scores

1	USA	9.500
2	Iran	9.400
3	Spain	9.300
4	China	9.200
5	Japan	9.100
6	France	9.000
7	Germany	8.900
8	Italy	8.800
9	South Korea	8.700
10	Belarus	8.600

Team Scores

1	USA	9.500
2	Iran	9.400
3	Spain	9.300
4	China	9.200
5	Japan	9.100
6	France	9.000
7	Germany	8.900
8	Italy	8.800
9	South Korea	8.700
10	Belarus	8.600

Team Scores

1	USA	9.500
2	Iran	9.400
3	Spain	9.300
4	China	9.200
5	Japan	9.100
6	France	9.000
7	Germany	8.900
8	Italy	8.800
9	South Korea	8.700
10	Belarus	8.600

Team Scores

1	USA	9.500
2	Iran	9.400
3	Spain	9.300
4	China	9.200
5	Japan	9.100
6	France	9.000
7	Germany	8.900
8	Italy	8.800
9	South Korea	8.700
10	Belarus	8.600

The Olympic team's and women's team may be serious competitors, but they also have to have some fun.



USA's Olya Walker

BUDGET RENT A CAR GYMNASTICS INVITATIONAL

SAN JOSE, CALIF., JUNE 17

By Dennis

By Thomas

WOMEN'S TEAM COMPETITION

	V	SI	BE	TX	AA	
1	252	48.400	48.175	48.950	49.400	191.925
2	248	48.075	48.100	48.300	48.225	191.700

MEN'S TEAM COMPETITION

	TX	SI	BE	V	AA	TR	Total
1. 288	48.150	45.600	48.225	48.450	48.102	48.500	190.425
2. 282	48.100	45.725	48.750	48.150	48.100	48.700	190.825

WOMEN'S ALL-AROUND

	V	SI	BE	TX	AA
1 AmeriClear	250	47.525	47.850	48.125	48.150
2 Pioneer Sun Downs	248	47.875	47.900	48.025	48.150
3 Ameri Mortgage	245	47.525	47.950	48.125	48.150
4 Ameri Clear	242	47.400	47.950	48.125	48.150
5 Pioneer Mortgage	240	47.400	47.950	48.125	48.150
6 Southern Independence	238	47.400	47.950	48.125	48.150
7 Texas American	235	47.400	47.950	48.125	48.150
8 Pioneer Bank	232	47.400	47.950	48.125	48.150
9 Texas American	230	47.400	47.950	48.125	48.150
10 Pioneer Bank	228	47.400	47.950	48.125	48.150
11 Texas American	225	47.400	47.950	48.125	48.150
12 Texas American	222	47.400	47.950	48.125	48.150
13 Texas American	220	47.400	47.950	48.125	48.150
14 Texas American	218	47.400	47.950	48.125	48.150

MEN'S ALL-AROUND

	FE	SI	BE	TX	AA			
1) Ign. Brachidactylus	283	1.052	2.319	1.428	1.145	7.259	190	36.49
2) Ign. Brachidactylus	282	1.052	2.319	1.428	1.145	7.259	190	36.49
3) Ign. Brachidactylus	281	1.052	2.319	1.428	1.145	7.259	190	36.49
4) Flamingo chalcidius	283	1.094	3.473	2.090	1.750	10.247	216	39.00
5) Blat. Ficus	280	1.045	1.331	1.021	719	4.095	192	34.61
6) Blat. Ficus	279	1.045	1.331	1.021	719	4.095	192	34.61
7) Blat. Ficus	278	1.045	1.331	1.021	719	4.095	192	34.61
8) Blat. Ficus	277	1.045	1.331	1.021	719	4.095	192	34.61
9) Blat. Ficus	276	1.045	1.331	1.021	719	4.095	192	34.61
10) Blat. Ficus	275	1.045	1.331	1.021	719	4.095	192	34.61
11) Blat. Ficus	274	1.045	1.331	1.021	719	4.095	192	34.61
12) Blat. Ficus	273	1.045	1.331	1.021	719	4.095	192	34.61
13) Blat. Ficus	272	1.045	1.331	1.021	719	4.095	192	34.61
14) Blat. Ficus	271	1.045	1.331	1.021	719	4.095	192	34.61
15) Blat. Ficus	270	1.045	1.331	1.021	719	4.095	192	34.61
16) Blat. Ficus	269	1.045	1.331	1.021	719	4.095	192	34.61
17) Blat. Ficus	268	1.045	1.331	1.021	719	4.095	192	34.61
18) Blat. Ficus	267	1.045	1.331	1.021	719	4.095	192	34.61
19) Blat. Ficus	266	1.045	1.331	1.021	719	4.095	192	34.61
20) Blat. Ficus	265	1.045	1.331	1.021	719	4.095	192	34.61
21) Blat. Ficus	264	1.045	1.331	1.021	719	4.095	192	34.61
22) Blat. Ficus	263	1.045	1.331	1.021	719	4.095	192	34.61
23) Blat. Ficus	262	1.045	1.331	1.021	719	4.095	192	34.61
24) Blat. Ficus	261	1.045	1.331	1.021	719	4.095	192	34.61
25) Blat. Ficus	260	1.045	1.331	1.021	719	4.095	192	34.61
26) Blat. Ficus	259	1.045	1.331	1.021	719	4.095	192	34.61
27) Blat. Ficus	258	1.045	1.331	1.021	719	4.095	192	34.61
28) Blat. Ficus	257	1.045	1.331	1.021	719	4.095	192	34.61
29) Blat. Ficus	256	1.045	1.331	1.021	719	4.095	192	34.61
30) Blat. Ficus	255	1.045	1.331	1.021	719	4.095	192	34.61
31) Blat. Ficus	254	1.045	1.331	1.021	719	4.095	192	34.61
32) Blat. Ficus	253	1.045	1.331	1.021	719	4.095	192	34.61
33) Blat. Ficus	252	1.045	1.331	1.021	719	4.095	192	34.61
34) Blat. Ficus	251	1.045	1.331	1.021	719	4.095	192	34.61
35) Blat. Ficus	250	1.045	1.331	1.021	719	4.095	192	34.61
36) Blat. Ficus	249	1.045	1.331	1.021	719	4.095	192	34.61
37) Blat. Ficus	248	1.045	1.331	1.021	719	4.095	192	34.61
38) Blat. Ficus	247	1.045	1.331	1.021	719	4.095	192	34.61
39) Blat. Ficus	246	1.045	1.331	1.021	719	4.095	192	34.61
40) Blat. Ficus	245	1.045	1.331	1.021	719	4.095	192	34.61
41) Blat. Ficus	244	1.045	1.331	1.021	719	4.095	192	34.61
42) Blat. Ficus	243	1.045	1.331	1.021	719	4.095	192	34.61
43) Blat. Ficus	242	1.045	1.331	1.021	719	4.095	192	34.61
44) Blat. Ficus	241	1.045	1.331	1.021	719	4.095	192	34.61
45) Blat. Ficus	240	1.045	1.331	1.021	719	4.095	192	34.61
46) Blat. Ficus	239	1.045	1.331	1.021	719	4.095	192	34.61
47) Blat. Ficus	238	1.045	1.331	1.021	719	4.095	192	34.61
48) Blat. Ficus	237	1.045	1.331	1.021	719	4.095	192	34.61
49) Blat. Ficus	236	1.045	1.331	1.021	719	4.095	192	34.61
50) Blat. Ficus	235	1.045	1.331	1.021	719	4.095	192	34.61
51) Blat. Ficus	234	1.045	1.331	1.021	719	4.095	192	34.61
52) Blat. Ficus	233	1.045	1.331	1.021	719	4.095	192	34.61
53) Blat. Ficus	232	1.045	1.331	1.021	719	4.095	192	34.61
54) Blat. Ficus	231	1.045	1.331	1.021	719	4.095	192	34.61
55) Blat. Ficus	230	1.045	1.331	1.021	719	4.095	192	34.61
56) Blat. Ficus	229	1.045	1.331	1.021	719	4.095	192	34.61
57) Blat. Ficus	228	1.045	1.331	1.021	719	4.095	192	34.61
58) Blat. Ficus	227	1.045	1.331	1.021	719	4.095	192	34.61
59) Blat. Ficus	226	1.045	1.331	1.021	719	4.095	192	34.61
60) Blat. Ficus	225	1.045	1.331	1.021	719	4.095	192	34.61
61) Blat. Ficus	224	1.045	1.331	1.021	719	4.095	192	34.61
62) Blat. Ficus	223	1.045	1.331	1.021	719	4.095	192	34.61
63) Blat. Ficus	222	1.045	1.331	1.021	719	4.095	192	34.61
64) Blat. Ficus	221	1.045	1.331	1.021	719	4.095	192	34.61
65) Blat. Ficus	220	1.045	1.331	1.021	719	4.095	192	34.61
66) Blat. Ficus	219	1.045	1.331	1.021	719	4.095	192	34.61
67) Blat. Ficus	218	1.045	1.331	1.021	719	4.095	192	34.61
68) Blat. Ficus	217	1.045	1.331	1.021	719	4.095	192	34.61
69) Blat. Ficus	216	1.045	1.331	1.021	719	4.095	192	34.61
70) Blat. Ficus	215	1.045	1.331	1.021	719	4.095	192	34.61
71) Blat. Ficus	214	1.045	1.331	1.021	719	4.095	192	34.61
72) Blat. Ficus	213	1.045	1.331	1.021	719	4.095	192	34.61
73) Blat. Ficus	212	1.045	1.331	1.021	719	4.095	192	34.61
74) Blat. Ficus	211	1.045	1.331	1.021	719	4.095	192	34.61
75) Blat. Ficus	210	1.045	1.331	1.021	719	4.095	192	34.61
76) Blat. Ficus	209	1.045	1.331	1.021	719	4.095	192	34.61
77) Blat. Ficus	208	1.045	1.331	1.021	719	4.095	192	34.61
78) Blat. Ficus	207	1.045	1.331	1.021	719	4.095	192	34.61
79) Blat. Ficus	206	1.045	1.331	1.021	719	4.095	192	34.61
80) Blat. Ficus	205	1.045	1.331	1.021	719	4.095	192	34.61
81) Blat. Ficus	204	1.045	1.331	1.021	719	4.095	192	34.61
82) Blat. Ficus	203	1.045	1.331	1.021	719	4.095	192	34.61
83) Blat. Ficus	202	1.045	1.331	1.021	719	4.095	192	34.61
84) Blat. Ficus	201	1.045	1.331	1.021	719	4.095	192	34.61
85) Blat. Ficus	200	1.045	1.331	1.021	719	4.095	192	34.61
86) Blat. Ficus	199	1.045	1.331	1.021	719	4.095	192	34.61
87) Blat. Ficus	198	1.045	1.331	1.021	719	4.095	192	34.61
88) Blat. Ficus	197	1.045	1.331	1.021	719	4.095	192	34.61
89) Blat. Ficus	196	1.045	1.331	1.021	719	4.095	192	34.61
90) Blat. Ficus	195	1.045	1.331	1.021	719	4.095	192	34.61
91) Blat. Ficus	194	1.045	1.331	1.021	719	4.095	192	34.61
92) Blat. Ficus	193	1.045	1.331	1.021	719	4.095	192	34.61
93) Blat. Ficus	192	1.045	1.331	1.021	719	4.095	192	34.61
94) Blat. Ficus	191	1.045	1.331	1.021	719	4.095	192	34.61
95) Blat. Ficus	190	1.045	1.331	1.021	719	4.095	192	34.61
96) Blat. Ficus	189	1.045	1.331	1.021	719	4.095	192	34.61
97) Blat. Ficus	188	1.045	1.331	1.021	719	4.095	192	34.61
98) Blat. Ficus	187	1.045	1.331	1.021	719	4.095	192	34.61
99) Blat. Ficus	186	1.045	1.331	1.021	719	4.095	192	34.61
100) Blat. Ficus	185	1.045	1.331	1.021	719	4.095	192	34.61
101) Blat. Ficus	184	1.045	1.331	1.021	719	4.095	192	34.61
102) Blat. Ficus	183	1.045	1.331	1.021	719	4.095	192	34.61
103) Blat. Ficus	182	1.045	1.331	1.021	719	4.095	192	34.61
104) Blat. Ficus	181	1.045	1.331	1.021	719	4.095	192	34.61
105) Blat. Ficus	180	1.045	1.331	1.021	719	4.095	192	34.61
106) Blat. Ficus	179	1.045	1.331	1.021	719	4.095	192	34.61
107) Blat. Ficus	178	1.045	1.331	1.021	719	4.095	192	34.61
108) Blat. Ficus	177	1.045	1.331	1.021	719	4.095	192	34.61
109) Blat. Ficus	176	1.045	1.331	1.021	719	4.095	192	34.61
110) Blat. Ficus	175	1.045	1.331	1.021	719	4.095	192	34.61
111) Blat. Ficus	174	1.045	1.331	1.021	719	4.095	192	34.61
112) Blat. Ficus	173	1.045	1.331	1.021	719	4.095	192	34.61
113) Blat. Ficus	172	1.045	1.331	1.021	719	4.095	192	34.61
114) Blat. Ficus	171	1.045	1.331	1.021	719	4.095	192	34.61
115) Blat. Ficus	170	1.045	1.331	1.021	719	4.095	192	34.61
116) Blat. Ficus	169	1.045	1.331	1.021	719	4.095	192	34.61
117) Blat. Ficus	168	1.045	1.331	1.021	719	4.095	192	34.61
118) Blat. Ficus	167	1.045	1.331	1.021	719	4.095	192	34.61
119) Blat. Ficus	166	1.045	1.331	1.021	719	4.095	192	34.61
120) Blat. Ficus	165	1.045	1.331	1.021	719	4.095	192	34.61
121) Blat. Ficus	164	1.045	1.331	1.021	719	4.095	192	34.61
122) Blat. Ficus	163	1.045	1.331	1.021	719	4.095	192	34.61
123) Blat. Ficus	162	1.045	1.331	1.021	719	4.095	192	34.61
124) Blat. Ficus	161	1.045	1.331	1.021	719	4.095	192	34.61
125) Blat. Ficus	160	1.045	1.331	1.021	719	4.095	192	34.61
126) Blat. Ficus	159	1.045	1.331	1.021	719	4.095	192	34.61
127) Blat. Ficus	158	1.045	1.331	1.021	719	4.095	192	34.61
128) Blat. Ficus	157	1.045	1.331	1.021	719	4.095	192	34.61
129) Blat. Ficus								

Gold Medalist

Higher USA Gymnastics' award
Taffels made special appearance
at the competition and the American
Olympic Festival

Higher USA Gymnastics' award
Taffels made special appearance
at the competition and the American
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Taffels made special appearance
at the competition and the American
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K CLUB Gymnastics

USA TOUR

By Luan Patek

USA Gymnastics is debuting "Club Gymnastics," a nationwide tour, which will visit 26 cities this summer and is sponsored by John Horack, Uggas and Reebok.

"Club Gymnastics is probably one of the most important marketing steps we can take for our sport," said USA Gymnastics President Kathy Scobee. "Not only will this benefit our membership, but it will create viable promotional opportunities for our sport and sponsors."

Club Gymnastics showcases former and current National Team members in gymnastics exhibitions and autograph signing sessions. The national tour is designed to help introduce children to the sport and assist gymnasts' goals in increasing enrollment, as well as to promote current National Team members leading up to the 1996 Olympic Games.

The centerpiece for Club Gymnastics is a 20' by 20' stage that showcases all of the gymnastics exhibitions and aerobic demonstrations. Additionally, sponsors have indicated benefits to conduct various retail and gymnastics promotions, as well as distributive product samples and premiums.

"Club Gymnastics is a great way to introduce children to the sport and to highlight Reebok's commitment to sports and fitness for all ages," explained Chester Whelan, Reebok's Sr. Director of Global Sports Marketing. "We think this is a great way to showcase the fun and excitement of gymnastics."

"Our involvement in gymnastics allows us to focus our Olympic Games-related promotions at the grassroots level," said Howard Upchurch, Uggas Director of Show History. Upchurch said he planned 1995 activities set the stage for board promotions that lead into the 1996 Olympics. "Gymnastics will help us maximize momentum in extracting the value of our Olympic Games sponsorship," he said.

John Horack will be tying together their involvement in Club Gymnastics with their nationally recognized college savings program, College Savings Plus. Kathleen Orsini, vice president of communications for John Horack, said, "We are pleased to have the opportunity to support such a meaningful event and look forward to helping introduce and educate both children and their parents."

TOUR SCHEDULE

April 22-23	Indianapolis, Indiana Greenwood Park Mall
May 12-14	Elizabethton, Missouri Mall of America
May 20-21	St. Louis, Missouri Chatterfield Mall
May 27-28	Springfield, Missouri Rothfield Mall
June 3-4	Aurora, Colorado Aurora Mall
June 10-11	Albany, California The Great Mall
June 17-18	Los Angeles, California Westminster Mall
June 24-25	Phoenix, Arizona Westridge Mall
July 1-2	Irvine, Texas Irvine Mall
July 22-23	El Paso, Texas Cielo Vista Mall
July 29-30	San Antonio, Texas Winbar Park Mall
August 5-6	New Orleans, Louisiana Lakeside Center
August 12-13	Phoenix, Florida The Fashion Mall
August 19-20	Atlanta, Georgia Concheland Mall
August 26-27	Knoxville, Tennessee East Towne Mall
September 2-3	Virginia Beach, Virginia Lynnhaven Mall
September 9-10	Baltimore, Maryland Golden Eye Mall
September 16-17	Long Island, New York Green Acres Mall
September 22-24	Dorset, Massachusetts Liberty One Mall
September 30-October 1	Pittsburgh, Pennsylvania Saw Park Mall



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CHALLENGE

USA • CHINA • BELARUS

TEAM USA CHARGES TO THE TOP

Team USA swept the 1999 Visa Challenge in Fairfax, Va., a triangular competition between the USA, Belarus, and China, on April 23. The USA won the men's and women's team competitions and all-around competitions. Dominique

Mocanu captured the women's all-around title while Bill Roth won the men's all-around competition. U.S. gymnasts Katie Tolt and Charney Uprethey also captured bronze medals in their respective all-around competitions.

by **Rosemarie Behlmann**

USA GYMNASTS PARTICIPATING IN TEAM USA

USA Women's Gymnastics:
Dominique Mocanu, Katie Tolt,
Katie Davis, and Charney
Uprethey.



In the women's team competition, Belarus finished second and China took third. For the men, China finished second and Belarus placed third. China's Meng Fei took the silver medal in the women's all-around, while Vitaly Rudnitsky from Belarus took second in men's all-around.

Mocanu said, "It [the competition] was great! It was really fun, and I liked it." On her expectations coming into the competition she commented, "I was training hard and wanted to do well."

Roth was very excited about his performance, saying, "This pretty much sums up my career. When people think I'm down and out, I always seem to come back on top."

Bronze all-around medalist Tift commented on the U.S. team's performance and depth saying, "We work really well together because we're like a great big family."

1994 National Champion Dominique Dawes did not compete in all four events because she had not had quite enough time to recover from a foot injury she sustained in January. A major contributor to the team's gold medal, she won the uneven bars and balance beam events and placed third on vault, but she did not compete on floor exercise.

"We did a really good job. We had a few falls, and it's great that we could pick ourselves up and show the gymnastics world the power of our positive attitudes," explained Dawes.

Belarus' Svetlana Bogutskaya, 1989 World Champion and two-time Olympian, led the all-around contingent into Friday's competition, but a fall on her first tumbling pass on floor exercise put her in fourth place at the end of the night.

Tift: Svetlana Bogutskaya
Below: Chelsey Dayberry



Belle Tift

**FOR RESULTS—TURN
TO PAGE 18!**

OF SPECIAL NOTE WERE THE CHINESE WOMEN'S BAR ROUTINES. LIU XIAN DID A ONE-ARMED GIANT INTO A ONE-ARMED GINGER.



FUN FACTS

Birth Date: September 26, 1976
Club: Karolyi's Gymnastics
Coaches: Bela & Martha Karolyi, Alexander Alexeev
Training Partners: Kim Zmeskal and Svetlana Bogutskaya
School: Northland Christian School
Year in School: Freshman in fall of '95
Favorite Sport: Bases and Throws
Favorite Food: Chicken breast. I also like Brazilian food. My mom's a good cook and makes food all the time.
Favorite Subject: History
Future Career Goals: Sports Medicine

COMPETITION RESULTS

- 1995** Visa Challenge, Fairfax, Va.: 1st AA, Team & FE, 3rd V & BB, 2nd BB
1995 American Classic, Oakland, Calif.: 2nd D AA, 1st V, 3rd BB & FE
1996 Coca-Cola National Championships, Nashville, Tenn.: 1st AA, V & FE, 3rd BB & BB

INTERESTING NOTES

Dominique has lived in California, Illinois, Florida and now Texas. She speaks four languages: "Bela and Martha speak Hungarian in front of us once they know I speak Russian," said Moceanu.

DOMINIQUE MOCEANU

She sparkles. She bounces. She smiles. She bursts with personality. She also resembles 1976 Olympic Gold Medalist Nadia Comaneci...who else but Dominique Moceanu!

Moceanu, 13, twins of Karolyi's gymnastics in Houston, Texas, with Bela and Martha Karolyi and Alexander Alexeev. She came to the Karolyi's when she was nine and a half years old and has trained hard ever since.

There's an interesting story behind how Dominique got into the sport of gymnastics. Her parents, who were from Romania, were both gymnasts. In fact, her father, Benito, was on the Romanian Junior National Team when he was younger. When the couple married they made a commitment to each other that their first child would be a gymnast.

"If he or she didn't like gymnastics then of course we would have changed sports," said Dominique.

From the look on Dominique's face at the Visa Challenge, where she won the all-around competition in her first international event as a senior, there's no doubt that her mother and father made the right decision by putting their first child in gymnastics.

"I've been doing gymnastics since I was 3 years old, and it's a lot of fun," said Moceanu. "I enjoy it a lot. I like to compete."

Coach Bela Karolyi said, "She's going to be one of the great ones. She's an outgoing kid, like Mary Lou Retton."

Speaking of Mary Lou Retton, Moceanu said that she has two idols in the sport—Mary Lou Retton and Nadia Comaneci. "I like how Mary Lou always smiles. I like her personality," said Moceanu. "Nadia made history, and I think that's great too."

Already Moceanu has a long list of accomplishments in the sport. At age 13, she was the youngest athlete to qualify for the 1991 U.S. Junior National Team by placing fifth all-around. She won the Junior National Championships in 1994. In 1995 she moved up to the senior ranks and tied for second all-around with American Gordon in the American Classic.

Although she was selected to compete in the McDonald's American Cup and qualified to compete in the Pan American Games, Moceanu had to sit out due to a slight injury. It seems the rest time paid off because in April she won the Visa Challenge, a triangular competition between the USA, Belarus and China.

"The Visa Challenge was a great experience for her," said Dominique. "It was her first international event so senior. There were no pressures because she just did what she always did out of practice. She was very confident and well prepared."

Dominique's training partners in the gym include 1989 World Champion Svetlana Bogutskaya and 1991 World Champion Kim Zmeskal—both are making a comeback into the sport.

"It's nice to work out with them," said Moceanu. "I look up to them. They look like different styles. Kim's very powerful, and Svetlana is very sharp. We work together and help each other in the gym."

Dominique trains six to seven hours per day, six days a week. When she's not doing gymnastics, she enjoys playing on the computer, reading, swimming, sailing, and listening to music.

Did we mention that Dominique has a sister? Christine turns 8 on August 24th and is also a gymnast at Karolyi's. She's in level 4 and trains five days a week. We know it's a few years away before we'll be hearing a lot about another Moceanu gymnast.



**DOMINIQUE
MOCEANU**

"I've been
doing
gymnastics
since I was
3 years old
and it's a
lot of fun."



Bob Kennedy with Dominique Moceanu



Female Leotards



RHYTHMIC GYMNASTS SHINE IN JACKSONVILLE

by Rosemarie Robinson

Jessie Davis captured her first national all-around title at the 1993 Rhythmic National Championships, June 9-11, in Jacksonville, FL. Caroline Hunt, last year's runner-up, took second again, and Kristin Lind crashed third, took fourth place. The three finished close behind in fourth place as friends and family came to cheer her on.

Davis exclaimed, "I was very surprised because you never really believe it until you're up there on the award stand!"

In the junior division, Natalie Lacoste earned her second junior national. "I around like, while Lynn Glynn remained the same as last year," she said in a country. Tara McChargo captured third place as from of her hometown moved, making the Junior National Team

at her first National Championship competition.

The top eight junior and senior competitors from the all-around finished made USA Gymnastics' National Team and qualified to the 1993 U.S. Olympic Festival, subject to approval by the United States Olympic Committee. USOG '93 takes place July 28-30 in Denver, Boulder and Colorado Springs, Colo. The rhythmic portion of the Festival will be July 29-30 in Colorado Springs.

During the senior preliminary competition, three gymnasts qualified for the 1993 World University Games, subject to approval by the United States Olympic Committee. Brooke Bushnell from San Rafael, Calif., Vanessa Vander Plooy from Redondo Beach, Calif., and Irene Top from Los Angeles, Calif., all hope to compete in Japan and as

Bushnell said, "I'd better than in 1992." Bushnell and Vander Plooy both competed in the 1993 World University Games where the U.S. team finished 55th.

Female Team



AWARDS

Coach of the Year: Jennifer Gaudin
Sponsorship of the Year: Individual: The Big Companies of the Day, Group: Best Import, Atlanta of the Year: Jones Team

All-around Junior Team for Rhythmic

- | | |
|--|---|
| <p>1st Brooke Bushnell, San Rafael, Calif.
 2nd Vanessa Vander Plooy, Redondo Beach, Calif.
 3rd Irene Top, Los Angeles, Calif.
 4th Kristin Lind, San Francisco, Calif.
 5th Tara McChargo, San Francisco, Calif.
 6th Lynn Glynn, San Francisco, Calif.
 7th Caroline Hunt, Jacksonville, Fla.
 8th Jessie Davis, Jacksonville, Fla.</p> | <p>9th Alyssa Krasner, San Francisco, Calif.
 10th Alyssa Krasner, San Francisco, Calif.
 11th Alyssa Krasner, San Francisco, Calif.
 12th Alyssa Krasner, San Francisco, Calif.
 13th Alyssa Krasner, San Francisco, Calif.
 14th Alyssa Krasner, San Francisco, Calif.
 15th Alyssa Krasner, San Francisco, Calif.</p> |
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| <p>16th Alyssa Krasner, San Francisco, Calif.
 17th Alyssa Krasner, San Francisco, Calif.
 18th Alyssa Krasner, San Francisco, Calif.
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 22nd Alyssa Krasner, San Francisco, Calif.</p> | <p>23rd Alyssa Krasner, San Francisco, Calif.
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 25th Alyssa Krasner, San Francisco, Calif.
 26th Alyssa Krasner, San Francisco, Calif.
 27th Alyssa Krasner, San Francisco, Calif.
 28th Alyssa Krasner, San Francisco, Calif.
 29th Alyssa Krasner, San Francisco, Calif.</p> |
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Female Team

1994 JESSICA NATIONAL TEAM

Rank	Player	Age	City/State	Score
1	Andrea Adams	16	San Francisco, CA	1,000
2	Janet Lee	16	San Francisco, CA	1,000
3	Janet Lee	16	San Francisco, CA	1,000
4	Janet Lee	16	San Francisco, CA	1,000
5	Janet Lee	16	San Francisco, CA	1,000
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10	Janet Lee	16	San Francisco, CA	1,000



JESSICA DAVIS

GOOD LUCK CHARMS (AND A LOT OF HARD WORK) PAY OFF FOR JESSICA DAVIS

by Roseanne Robinson

In Jessica Davis' "everything is a good luck charm." And whether superstition plays a part in it or not, Davis is at the top after sport after winning the 1993 National Championships in Jacksonville, Fla., in June.

"Well, I always knock on wood as a safeguard," explains Davis who is a very superstitious person. She collects good luck charms continuously like a very little boy from her sister which she

keeps before competing in addition her coach Jan Cesar gives her a crystal before every competition and Davis has about 40 crystals right now. She used to carry all of her good luck charms with her but her gas bag has gotten heavier and heavier. She decided to leave some of her crystals at home.

While Davis relies a lot on good luck, she puts in her fair share of hard work, too. She practices about from 4:30 a.m. to 7:30 p.m. three days per week and 2:00 a.m. to 4:30 a.m. on the other two days. She is going to be a senior in high school in the fall and would like to pursue a career in sports science someday.

Each day except Sunday, she trains for three and a half hours, and on her shorter school days she takes full or long to one and a half hours. She also does conditioning for about an hour, three to four days per week. In addition to all of that, she spends two hours per week doing pilates. "Pilates" Davis explained, "is strength and stretching exercises on a machine that is based on springs, not weights."

Continued on page 28



FAVORITES

U.S. Star: "She"

Favorite Moves:

Type of Music: Everything

Subject in School: Chemistry ("It's the hardest, but I like it because I've learned a lot.")

Quoting: "She's before she competed in her first World Championships and first new Maria Polina coaches."

COMPETITION RESULTS

1993 Rhythmic National Championships, Jacksonville, Fla.; 1st-5th, rope, ball & ribbon, 2nd-6th

1993 Four Continents Championships, Cairo, Egypt; 2nd-5th, 4th-5th, 2nd-4th, 2nd-4th & ribbon, 2nd-4th

1993 Pan American Games, Mar del Plata, Argentina; 1st-5th, 2nd-4th, 2nd-4th & ribbon

1993 Rhythmic Challenge/Pan American Games Trials, Colorado Springs, Colo.; 2nd-4th

1994 Rhythmic World Championships, Paris, France; 21st-23rd

1994 U.S. Olympic Festival, St. Louis, Mo.; 2nd-5th, 4th & hoop, 1st-4th, 4th-5th

JESSICA DAVIS

"I really want to have fun this year. I realized that if you have fun, it shows in your gymnastics, so that's a big part of my gymnastics right now!"



(Jessica Davis continued from page 27)

Davis' favorite thing about rhythmic gymnastics is having something that is her own. "I have fun with it I love being creative," she explained. This year, all of her routines are different styles as opposed to the past when most of her routines were classical or nature. She said that she has learned that she likes to try all of the different styles.

For summer, Davis is looking forward to the training camp placed with the Bulgarian rhythmic gymnasts from July 25 to August 1 in the Pineda, B.T. (Spain) Maria Polina will be there. "She [Polina] has so much talent, and you can tell she loves the sport," Davis commented.

As Davis looks forward to training with World Champion Polina, she remains humble about being a champion herself. When asked if she feels like the best rhythmic gymnast in the country, Davis replied, "I felt like it when I came off the plane. Our father arranged a surprise welcome home celebration after the National Championships! But you go on with your daily routine and think inside that you're accomplished something great. It also shows you that you have to keep working."

(Dates & Events Subject to Change or Cancellation)

JULY

- 9-11 Sr. National Training Camp (MO)
 9-15 19th World Championships (SA/PA/RI)
 10-14 Puerto Rico Cup (PR)
 10-17 J & J Training Camp (WI)
 20-23 U.S. Olympic Festival (KS)
 20-30 U.S. Olympic Festival (SA/PA)
 "21-23 U.S. Junior National (OR)
 25-Aug-8 USA/National Group Training (RI)
 30-Aug-7 J & J Training Camp (TX 110 118)

AUGUST

- 5-6 Regional Qualifying Meets (MO)
 14-19 East-Coke World Championships (PA/RI)
 17-20 USA Gymnastics National Camps
 22-26 National Group Training Camp (KS)
 24-27 National Elite Training School Camp (WI)
 24-Aug-8 World University Games (SA/PA/RI)
 28-30 12th International Junior Camp (SA/PA)
 30-Aug-7 Elite Training Camp (KS)

SEPTEMBER

- 1-3 BIG General Operations Int'l Colloquium
 8-9 World Team Trials (SA/PA)
 14-18 J & J Training Camp (TX)
 19-24 Rhythmic World Championships (Individual) (RI)

OCTOBER

- 1-10 Artistic World Championships (SA/PA)
 (Team, All-Around, Individual Event Finals)
 13-14 OGP National Evaluation (MO)
 4-7 Olympic Camps of the USA
 14-15 J & J Group Championships (KS)
 18-22 National TOP Meeting (RI)
 28-29 Twilio Triathlon (KS)
 28-30 USA Gymnast General Gymnastics

NOVEMBER

- 8-12 Pantheon (KS)
 14-17 Pre-Olympic Invitational (SA/PA)
 28-29 National Group Training Camp (KS)
 28-30 Senior National Training Camp (SA)

- Colorado Springs, CO
 Berlin, GR
 San Jose, Puerto Rico
 Colorado Springs, CO
 Colorado Springs, CO
 Boulder, CO
 Birmingham, AL
 Lake Placid, NY
 Colorado Springs, CO

- Vernon Hills
 New Orleans, LA
 New Orleans, LA
 Danvers, GA
 Colorado Springs, CO
 Fairbanks, AK
 Yokohama City, JPN
 Colorado Springs, CO

- Greenhagen, DEN
 Austin, TX
 Colorado Springs, CO
 Vienna, AUT

- Salina City, JPN
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Faces in the gym

MANDY BENNETT SILVERDALE, GEORGIA

Mandy, 7, was level 6 gymnast who born at
Fifth Gymnastics. She's ranked by Girls
World and state events. When her coach
lost first place all-around and moved up to
level 6. She's been multiple complete family
member when she went to school. Her
goal is to win the complete olympic.



MAI WINTER GYMNASTICS CLINIC ELIZABETH, GEORGIA

For Mayor, owner/level 6 Mayor's Gymnastics
has recently won in Georgia ranking at a
promotional event and several Mayor's
Gymnastics facilities to move in to town.
Coulter started with all-around after 1993
Mayor's Gymnastics and the club was able to
move into the 1993 World Championships. I
was the top. Coulter worked with the men's
and women's teams and held classes for all
levels of the gymnasium students. Working with
the world class coaches was a wonderful
experience and provided students

THREESOME NEW YORK, NEW YORK

From left to right: Megan Kagan, K. Brown,
Coulter, F. and T. and Kagan, T. are at
all American Gymnastics in New York, Queens,
and New York City. She's been ranked by Girls
World, and several American. At the 1994
New York City Championships in level 6, she got
her first place in the all-around. She's been
ranked by Girls World and the club was able to
move into the 1993 World Championships. I
was the top. Coulter worked with the men's
and women's teams and held classes for all
levels of the gymnasium students. Working with
the world class coaches was a wonderful
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white or color. They, please
contact the national.

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the magazine next issue.

Many and send your entry today. We're all
waiting to read you!





KARYSSA ANCELLOTTI
STAMFORD, TEXAS

Karyssa is three years old. She is the 1993 Level 2 State Girls and State Champion in the 11-year-old age group. In South Texas, Karyssa competes with gold with an all-around score of 36.45. She has been distinguished with all accomplishments of 37.00. Karyssa is an honor student at First Century Middle School and is coached by Erik Franklin, Jason Brown, Margaret Wilson and Frank Markon.

STACEY MARDOK
NEW HAVEN, TEXAS

Stacey, 12, lives at 1825 Sparrows in New Haven, Texas, and is coached by Mike Bates. Stacey has placed 1st in the 10-year-old 1993 State Championships December 1994 with a vault score that was the level 8 State Champion. Also, she was an All Sports participant at Canyon Middle School in New Haven.



SHAWNA GUSTIN
MADISON, NORTH CAROLINA

Shawna, 9, lives at 1819 Fox Sparrows and is coached by Paul & Bill. World Star Medalist on vault. This year she competed at level 1 and on the North Carolina State Meet she earned the all-around title. She was the qualifier to level 4 for the state meet.



NICHOLAS WINFREY
TOMBALL, ALABAMA

Nicholas, 6, will start year 11 of competitive in late '94. He will attend All-around in the American State Championships. He placed in every event national/regional and all-around for the second year in a row. He stands 5'6 inches. He is a leading and is coached by Paul Gato.



AMELIA FORREY
CARROLLTON, CALIFORNIA

Amelia, 9, has been doing gymnastics since age 2. She trains at Gyroplex Gymnastics in Sacramento. 1990 She is coached by David and Lori Johnson and Laurel Berry. She has third medal at Level 10 in the 1993 National meet in the 1993 National California State Meet. Her career consists with level place medals in Level 1 to 1993 for Northern California.



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[illegible]

Personalities: Quite vocal, sluggish toward
big, strong lops, backflippers, tumblers
back up on (bars), 1/3 strong flow toward
low to (horizontal) movement.

Etapa 3: Se la condición planteada es correcta, se debe hacer un *break* para salir de la estructura de repetición.

Parallel bars: Glide legs through L sit position and. Overhead: Overhead, keep arms straight. Overhead: 1 L.A. leg on side, put feet together, two hands to ceiling, double back.

High Res. Zoom: overgrasped (broke) power
with (thatched) (blatant) gas (not) oriented
points (top) (concrete), (divisible) (lower)

1	Colony	U.S. Navy	\$1.00
2	Massif	South Sea	\$1.00
3	North Atlantic	North Sea	\$1.00
4	North Atlantic	North Sea	\$1.00
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7	North Atlantic	North Sea	\$1.00
8	North Atlantic	North Sea	\$1.00
9	North Atlantic	North Sea	\$1.00
10	North Atlantic	North Sea	\$1.00

Only Easy's *Flint* (Kurtis Russell) leads kidnapping, locked tiller, yandell who leads input narrative best to a game from that kidnapping report from till yandell, back handmancock double back

1	Remedioses	South Seas	11:00
2	Public Good	Top Eighteen	11:30
3	Aftermath	Top Eighteen	12:00
4	Andrews	Top Eighteen	12:30
5	North Beach	General	1:00
6	Lawrence Stone	British School of Arts	1:00
7	Henry Higgins	General	1:00
8	Andrews	Children's	1:00

Hatched February's Parental (to see hatching)
 Mergans 2/2 normal 2 back loose. Grebe 2/2 normal, Grebe 2/2 normal 1/2 slightly direct mouth 1 is loose direct mouth with 2 long (parental) long curving to embedded front 1/1 parent with mouth also.

	Item	Cost	Price
1	Item 1	\$100	\$100
2	Item 2	\$200	\$200
3	Item 3	\$300	\$300
4	Item 4	\$400	\$400
5	Item 5	\$500	\$500
6	Item 6	\$600	\$600
7	Item 7	\$700	\$700
8	Item 8	\$800	\$800
9	Item 9	\$900	\$900
10	Item 10	\$1,000	\$1,000

1	Florida State	Capitol Square	\$1,250
2	North Carolina	Proctor's Kitchen	\$1,050
3	Indiana University	Columbus Ave.	\$1,000
4	Georgetown	B.A. Plaza, University	\$1,000
5	North Carolina	Blanchard	\$1,000
6	South Carolina	Washington Ave.	\$1,000

1	Health Care	Top Right Corner	\$1,000
2	Healthcare	Health Care	\$1,000
3	Insurance	Copied	\$1,000
4	Auto Insurance	Healthcare	\$1,000
5	Healthcare	Healthcare	\$1,000
6	Healthcare	Healthcare	\$1,000

Rank	Artist/Group	Album/Single	Points
1	Michael Jackson	Thriller	1,000
2	Whitney Houston	Whitney	900
3	Frank Sinatra	Frank Sinatra	800
4	Sam Cooke	Sam Cooke	700
5	Ray Charles	Ray Charles	600
6	Elvis Presley	Elvis Presley	500
7	John Lennon	John Lennon	400
8	Paul McCartney	Paul McCartney	300



100



Indian Kestrel: High Red Mountain Hawk up to 14000ft, among pine. Ende, west of pine. Ende 1/2 parents. 2/3 young are not, good one are sent to Chicago. Raptor with strong pine forest, 1/2 parents are sent, 1/2 young. Haploids change from sweet, short hap-1/2 forest pine. Ende 1/2 sent, short hap-1/2 forest pine.

	1997-1998	1998-1999	1999-2000
1. Best Actress	Cynthia Rich	47.1%	
2. Best Supporting Actress	Thelma Houston Esq.	46.1%	
3. Best Actor	Steve Janyan	45.6%	
4. Best Film (Best)	Apple Island	45.1%	
5. Best Book	Norman Mac	45.1%	
6. Best Screenplay	Edmund Esq.	45.1%	
7. Best Film (Worst)	USA Esq. World	45.1%	
8. Best Screenplay	Joe Esq. World	45.1%	

Best Member's Bookings:
 Film: *Survivor*; *Twilight*; *Legend*; *Frank*; *Dead*
 TV: *Survivor*; *Twilight*; *Legend*; *Frank*; *Dead*

Female: Body length: broad two narrow
beams, 1/4 spirals; two from two circles
drilling one parent, two others, head
more slow, single more on the and
middle horizontal full turn across 2/3 of
the broad of parent.

Diagnosis: Infertile; Females: Infertile
testes invaginated; penes 1, subdeltic; penis
with straight, very gentle, gently clavate
apical 1/3 or 1/2; not

Parallel Space Safe Area Diagonal, given

[illegible]

Sigbee's New Maroon grape Breeds 1/2 Island
Shasta apple, 1/2 non-sweetened grapes, Eureka,
cinnamon hybrid 1/2 or 1/2 fruit

Rank	Artist	Album	Score
1	Red Hot Chili Peppers	Californication	9.00
2	Bob Dylan	Love and Theft	8.95
3	Simon & Garfunkel	Bridge over Troubled Water	8.90
4	Paul McCartney	Wings Greatest Hits	8.85
5	John Lennon	John's Greatest Hits	8.80
6	George Harrison	Wonderwall Music	8.75
7	Frank Sinatra	Frank's Greatest Hits	8.70
8	Paul McCartney	McCartney's Greatest Hits	8.65



1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 26



11. *Journal of the American Medical Association*, 2000; 283: 2686-2692.



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Political Party	All respondents (%)	Respondents who are members of a political party (%)
Conservative	45	55
Labour	35	30
Liberal Democrat	15	10
Other	5	5

1	Stephen King's	Top Night Eyes	27.000
2	Michael Ende	Endless Childhood Eyes	27.000
3	John Greenleaf	Halfhearted Eyes	27.000
4	Scott McKinnon	Canada Eyes	27.000
5	Paul Simon	Smile Eyes	27.000
6	Charles Dickens	Old Eyes Wide	27.000
7	John Greenleaf	Smile Eyes	27.000

Stephen Smith's Patterned Hays Bouquet:
Analyze the entire patterned loop - look across
down - take square up with extra patterned
loop. D7 longitudinal travel - two square
loops, four squares like real loops

2007-2008 Season		
1	Bob Williams	Midlandtown Spgs. 1-10-07
2	Bob Williams	Lawrence 1-10-07
3	Bob Williams	Lawrence City Spgs. 1-10-07
4	Bob Williams	Lawrence Spgs. 1-10-07
5	Bob Williams	Lawrence Spgs. 1-10-07
6	Bob Williams	Lawrence Spgs. 1-10-07
7	Bob Williams	Lawrence Spgs. 1-10-07
8	Bob Williams	Lawrence Spgs. 1-10-07
9	Bob Williams	Lawrence Spgs. 1-10-07
10	Bob Williams	Lawrence Spgs. 1-10-07

Urie Haeussler's *Days walking*
Paraphrase: *Walking* by I. Haeussler, I. para
translation: *Walking* by I. Haeussler, I. para

WALKER CLASS OF 1991		
1. James Lee	Southwest	811/101
2. Stephen Williams	West Coast Middle	811/101

3.	Long Beach	Spokane Spys	10-0200
4.	San Jose	San Jose Spys	1-2000
5.	San Jose	San Jose Spys	1-2000
6.	San Jose	San Jose Spys	1-2000
7.	San Jose	San Jose Spys	1-2000

WEEK	WEEK 1	WEEK 2	WEEK 3
1	Mr. Janssens	Bellevue Street Gym.	11:00
2	Mr. Janssens	Bellevue St.	11:00
3	Mr. Janssens	Bellevue St.	11:00
4	Mr. Janssens	Bellevue St.	11:00
5	Mr. Janssens	Bellevue St.	11:00
6	Mr. Janssens	Bellevue St.	11:00

Rel. Dimensions: Parallel long regions
 Glide: long narrow striated and to basal
 (vent) part to horizontal part to (vent)
 (vent) lat (ventral), part (1, (ventral)
 (vent) striated (vent)

Rank	Artist	Album	Weeks on chart
1	Boyz n the Misdemeanor	Boyz n the Misdemeanor	10
2	Boyz n the Misdemeanor	Boyz n the Misdemeanor	10
3	Boyz n the Misdemeanor	Boyz n the Misdemeanor	10
4	Boyz n the Misdemeanor	Boyz n the Misdemeanor	10
5	Boyz n the Misdemeanor	Boyz n the Misdemeanor	10
6	Boyz n the Misdemeanor	Boyz n the Misdemeanor	10
7	Boyz n the Misdemeanor	Boyz n the Misdemeanor	10

1995 JUNIOR OLYMPIC NATIONAL CHAMPIONSHIPS SENIOR DIVISION

TEAM AGE 10-10

1	Spain	187.00
2	United States	185.40
3	Japan	181.00

ALL-AROUND AGE 10-10

1	Any Russia	20.00
2	United States	19.50
3	Spain	19.00
4	Japan	18.50
5	France	18.00
6	Italy	17.50
7	Germany	17.00
8	China	16.50
9	Belarus	16.00
10	United States	15.50
11	Spain	15.00
12	Japan	14.50
13	France	14.00
14	Italy	13.50
15	Germany	13.00
16	China	12.50
17	Belarus	12.00
18	United States	11.50
19	Spain	11.00
20	Japan	10.50
21	France	10.00
22	Italy	9.50
23	Germany	9.00
24	China	8.50
25	Belarus	8.00
26	United States	7.50
27	Spain	7.00
28	Japan	6.50
29	France	6.00
30	Italy	5.50
31	Germany	5.00
32	China	4.50
33	Belarus	4.00
34	United States	3.50
35	Spain	3.00
36	Japan	2.50
37	France	2.00
38	Italy	1.50
39	Germany	1.00
40	China	0.50
41	Belarus	0.00
42	United States	-0.50
43	Spain	-1.00
44	Japan	-1.50
45	France	-2.00
46	Italy	-2.50
47	Germany	-3.00
48	China	-3.50
49	Belarus	-4.00
50	United States	-4.50
51	Spain	-5.00
52	Japan	-5.50
53	France	-6.00
54	Italy	-6.50
55	Germany	-7.00
56	China	-7.50
57	Belarus	-8.00
58	United States	-8.50
59	Spain	-9.00
60	Japan	-9.50
61	France	-10.00
62	Italy	-10.50
63	Germany	-11.00
64	China	-11.50
65	Belarus	-12.00
66	United States	-12.50
67	Spain	-13.00
68	Japan	-13.50
69	France	-14.00
70	Italy	-14.50
71	Germany	-15.00
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73	Belarus	-16.00
74	United States	-16.50
75	Spain	-17.00
76	Japan	-17.50
77	France	-18.00
78	Italy	-18.50
79	Germany	-19.00
80	China	-19.50
81	Belarus	-20.00
82	United States	-20.50
83	Spain	-21.00
84	Japan	-21.50
85	France	-22.00
86	Italy	-22.50
87	Germany	-23.00
88	China	-23.50
89	Belarus	-24.00
90	United States	-24.50
91	Spain	-25.00
92	Japan	-25.50
93	France	-26.00
94	Italy	-26.50
95	Germany	-27.00
96	China	-27.50
97	Belarus	-28.00
98	United States	-28.50
99	Spain	-29.00
100	Japan	-29.50
101	France	-30.00
102	Italy	-30.50
103	Germany	-31.00
104	China	-31.50
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175	Germany	-67.00
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—RON BRANT

The Olympic Training Center in Colorado Springs, Colo., is home to America's most successful Olympic athletes.

While eating in the dining room or heading to practice you may run into three-time gold medalist swimming Summer Sanders or three-time Olympic basketball star Teresa Edwards or two-time Olympic wrestler Sean Shulten. A sports fan's paradise, but to the more than 130 athletes that live here, it's just home.

It's also the home for eight resident gymnasts. Each day the gymnasts practice under the watchful eye of head coach Ron Brant and assistant coach, world champion Vitaly Marinich from Ukraine. Gymnastics at the OTC is a relatively new and expanding program. The idea for the program began in 1989 when Ron Brant, a graduate of the University of Illinois, wrote a proposal to USA Gymnastics urging them to utilize the vast facilities available at the OTC. His innovative plan was not only to provide a haven for the athletes to train, but to offer clinics and workshops to increase the overall performance of the sport in the USA. The idea was accepted and in January 1990, Ron made a mark in gymnastics history and began the first residence program ever for gymnasts at an Olympic Training Center site. Like everything new and different that places a challenge on an already sound and dominating system, difficulties arise and controversies abound. OTC gymnastics placed a threat on the NCAA and club gym-

nastics and, at first, was not warmly received. While Brant welcomes healthy competition he says, "We weren't trying to create an atmosphere that's so adversarial that you can't accomplish anything."

Brant understands that the OTC atmosphere is not for everyone. In fact, he stresses that point. "What we're looking for are the individuals who are interested in our atmosphere and what we provide here. The more options available to a gym-

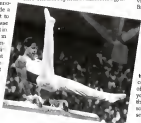
nast to train, the better he can find where to go to best produce himself internationally," explains Brant.

Brant works closely with the NCAA and clubs to help the sport overall. For a gymnast to even be considered for the OTC program he must have written support from his coach and if he's a junior athlete, from his parents as well.

"I think the most important thing for men's gymnastics at this stage is that all facets work together: clubs, universities, and OTC, to produce a good international team for USA Gymnastics."

In three years, Brant has continually placed his athletes on the national team and continues to produce Olympic caliber gymnasts into the field. The program has included Jay Caputo, Gregg Curtis, Dan Zupher, Karl Thomas and Paul O'Neill to name a few. O'Neill, a member of the program since 1991, was the silver medal on rings at the 1994 Individual Event World Championships in Brisbane, Australia. This was the first medal won at the World Championships for the men's program since the 1979 World Championships. At the 1994 Winter Cup Challenge the OTC placed John Macready and Garry Denk on the national team and Dennis Harrison petitioned onto the senior national team.

"They have all the opportunities you need to get good here," said Harrison, who recently came to the OTC from the University of Nebraska. "You can work out as much as you want, you have a good medical staff and they provide a room and great food. So it's somewhat easier to financially support yourself and continue to train."



By Lori Lough



John Roethlisberger



Amy Chow

by **Samuel Robinson**

The duo of Amy Chow and Dominique Dawes led the U.S. women to victory over the Ukraine at the 1993 Budget Rent a Car Gymnastics Invitational, however, 1989 World Champion Igor Korobchinski excelled as the Ukrainian men defeated the U.S. team led by John Roethlisberger.

Chow captured the all-around title in front of her hometown crowd at the San Jose Arena in San Jose, Calif., while Dawes took second, only 0.075 behind Ukraine's Anna Hingoridze; they finished third.

Chow enjoyed the victory in front of family and friends, saying, "It was great! I got a lot of support."

"When asked if Dawes realized the competition would be mainly between Chow and her, she replied, 'I came in thinking this was meant against the Ukraine. I like team competitions better [than individual competitions], I like putting the team first and then myself.'"

Mary Beth Arnold finished fourth for the U.S. women. Chow, Dawes and Arnold were the only Senior National Team Members competing for the U.S. women, and the depth of the U.S. team was apparent as four virtual newcomers stepped up to the plate. Jamie Dantascher finished seventh, while the other juniors, Alexis Brown, Gail Kachura and Kinsey Rowe gave strong performances but did not compete in all four events.

Korobchinski captured the all-around gold medal for the men, followed by Roethlisberger, who finished only 0.500 behind Ukraine's Oleg Kosak; took third.



U.S. WOMEN PROVE DEPTH- DEFEAT UKRAINE

UKRAINIAN MEN TOP TEAM USA



John Roethlisberger

Igor Korobchinski

STYLING: JENNIFER LEE / GETTY IMAGES



Greg Bell, Brazil



Jeff Gode

John McCarty

**LOOK FOR
RESULTS ON
PAGE 19!**

Romashenko commented on the Ukrainian men's team, saying, "I hope that the [1995 World Championships] Ukraine does good. I hope we earn a medal, gold, silver or bronze." He also has his sights set on the 1996 Summer Olympic Games. When asked what motivates him to still compete, he explained, "I want to be in Atlanta, and now I've completed. I need many competitions to prepare for Atlanta."

When asked how he adjusts his competitive style for a team competition, Romashenko replied, "I'm always withdrawn when I compete, but you can't completely do that in a team competition. You have to stay balanced, keeping track of teammates and helping them out."

The U.S. men, who competed without team member Rob Koffler due to an injury, also took fifth through ninth place in the all-around.

"I came in thinking this was a meet against the Ukraine. I like team competitions better (than individual competitions); I like putting the team first and then myself."

Dmitry Buzov



Olga Stepanova



Robert Koffler



Christopher Thomas



MASTERING THE FRONT HANDSPRING VAULT

Byron Knox
CATS in Cheshire, Connecticut

The front handspring vault is a primary element in mastering the event. Most errors with higher level vaults stem back to the front handspring. To ensure consistent success on vaulting, time should be spent on the development of the front handspring.

Here are a few important drills to help develop a strong and powerful front handspring vault.

Primary Areas:

1. Strong and consistent run
2. Aggressive arm swing during hurdle
3. Quick heel lift over hurdle
4. Solid block on and off the horse
5. Tight body during post flight (after blocking)
6. Controlled and safe landing



1. RUN

- A. Proper overarm/ split
Start out with slow and medium speed and develop into full speed.
- B. Run in place with elastic taking around gymnast's waist to create resistance.
Lean slightly forward to keep tension on elastic.
(Forward lean)

2. ARM SWING HURDLE

- A. Arms starting in place and ending in an arm in split position to backward downward position and then forward upward. Make this motion exactly but to half.
- B. Apply arm swing with hurdle to an one on two steps and let the bar at. Keep the strong arm swing close to the body.

CAN CONDITIONING MAKE YOU TOUGH—JUST ASK TIGHT!

After 311 months up to 1992 Olympics Mark Henry at the 1995 Pan American Games in Mar del Plata, Argentina.

Coaches: Please submit your conditioning ideas to the Reebok Coaching Corner, c/o USA Gymnastics, P.O. American Plaza, 301 E. Capitol Ave., Suite 300, Indianapolis, IN 46225.



4. BLOCKING

- From a push-up position on the floor with the back round and chest hollow, bounce several times forward and backward using only the shoulders and ankles. The arms must remain extended with hands and fingers facing forward.
- When the floor blocks are mastered try the handstand shoulder blocks from a lunge (Photoed on left).



3. HEEL LIFT

- Lie over the knee with arms holding underneath, lift heels over head several times to develop lower back strength (Photoed below).
- Lie on the floor rocking back and forth, keeping the body as tight as possible in an open hip position (right side). When arms go up, legs go down and vice versa.



5. POST FLIGHT

- From a crouch squat, hit the board and perform a tight, high and long layout onto a wall ceiling. Loosers should supervise grounds on the wall (Photoed above).
- Holding 45 degree horizontal against a wall. This is an essential exercise that will help develop total body tightness.

6. CONTROLLED LANDINGS

- Practice stick drills by jumping off shoulder onto gymnastics in the height of the reaching arms.
- Use the knees as all landings to absorb the force of the landing. Maintain a tight body and strong core position.



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